

# SILVER LAKE WELLNESS CENTER

## PRE-TREATMENT: SmoothBeam Laser

1. Recently tanned skin (natural sunlight or tanning booth) **CANNOT BE SAFELY TREATED.** A minimum of two weeks must pass before laser treatment can be performed. Not doing so will increase your risk for developing hypopigmentation (white spots) after treatment and this may not clear for 2-3 months or more. **The use of sunscreen of 30 and higher is important beginning now and after treatments.**
2. The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.
3. The use of home skin treatments such as glycolic peels, micro-dermabrasion must be discontinued one week prior to your treatment. Resumption of home care products should be with approval and full knowledge of the treating physician.
4. Stop all prescription topical medications and skin care treatments 3-5 days prior to your treatment. They may be resumed in 2 days after treatment.
5. If you have had a history of perioral or genital herpes simplex virus, please inform the physician. Prophylactic antiviral therapy the day before treatment, and after, may be needed.

If you have any questions about your treatment, please do not hesitate to call our office. Our staff is highly trained to help you and will provide you with the answers needed to assure the safest and best possible results from your treatment. (440) 832-7009

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## **POST-TREATMENT: SmoothBeam Laser**

1. Immediately after treatment, there may be erythema (redness) which may last up to two hours. Make-up can be applied shortly after treatment and prescription topical agents may be resumed 2 days after treatment.
2. Ice packs may be used for additional cooling during treatment.
3. A topical soothing care product such as Arnica may be applied following treatment, if desired.
4. The use of sunscreen of 30 and higher is important now and after treatment to avoid hypopigmentation.
5. Avoid picking or scratching the treated skin.
6. Your next laser treatment can be scheduled for 3-4 weeks.

Side effects may not be noted immediately. Persistent redness, bumps, swelling, whitening of the skin or blistering, decreased pigmentation or activation of Herpes Simplex virus may all occur as discussed with the Dr. Silver prior to treatment.

**If you have any questions or concerns regarding your treatment, please call our office at (440) 832-7009.**